

The Junction

How to Get Involved

We would love to hear from you. Further information is available by phone or e-mail.

- ◇ The Junction members and volunteers will welcome you, show you around and introduce you to our programs and the other members.
- ◇ Initial appointments will be conducted by our Coordinator or another volunteer. You can refer yourself or be referred by other services.



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(South East Junction)
or visit our Website
www.thesoutheastjunction.org.au**

THE SOUTH EAST JUNCTION

**Mental Health Activity &
Resource Centre Inc.**

Opening Times

Tuesdays: 10am until 3pm

Thursdays: 10am until 1.30pm

Phone: 04-77886450

E-mail: junctioncoord@gmail.com

**19 Ferrers Street
PO Box 1905
Mount Gambier
SA 5290**

We are a not for profit non-government volunteer-run organisation, dedicated to supporting people with mental health challenges in the Limestone Coast Region.

Our range of activities promotes mental and emotional health by encouraging the optimisation of opportunities that facilitate a sense of well-being and increases independence, self-worth, confidence, and self-esteem.

We are supported by CHSA LHN Integrated Mental Health Team SE, Country Health Connect, Councils, Service Clubs, other community organisations and businesses with an interest in the support of people with mental health challenges.

The Junction also has other support groups in Mount Gambier, Millicent and Penola; check their brochures for more information

The Junction is for..

The Junction is an activity and resource centre and provides a safe and caring environment for those wishing to improve their mental and emotional well-being; for those who may have become isolated from their community due to mental illness and for other interested community members.

Mission Statement

- ◇ The Junction enables participants to optimise opportunities that facilitate their own recovery
- ◇ Encourages members to participate in group activities to build their skills and socialise with others.
- ◇ Encourages healthy living through indoor and outdoor physical activities and information sessions from professionals.
- ◇ Supports other organisations by recommending their services which could benefit people living with mental health issues.
- ◇ Encourages attendees to take a leadership role to build a sense of belonging and ownership.

HAVE FUN
WHILE
LEARNING

About The Junction

The Activities

- ◇ Activities are designed by determining a need in collaboration with current members and volunteers.
- ◇ We offer a range of activities including:
 - ◇ Social interaction
 - ◇ Daily management of The Junction
 - ◇ Education and information around (mental) health & wellbeing
 - ◇ Cooking and gardening
 - ◇ Arts and craft
 - ◇ Healthy lifestyles and exercise
 - ◇ Outings gaining knowledge of our local communities



Staffing

The Junction is staffed by volunteers. The coordinator is assisted by The Junction members, peer support workers and volunteers.

Professionals and guest speakers are also involved in facilitating activities.

The Junction is overseen by a Management Committee consisting of The Junction members, concerned others, government and non-government organisations, service clubs and other community groups.

